IRON FOR YOUR CHILD

So your child is low in iron. Just what does this really mean?

It means that your child is not eating foods with iron in them to keep his or her blood healthy.

It usually takes months of eating a diet low in iron before it shows up as a low iron level in the blood.

Why Does A Child Get Low In Iron?

Sometimes it is because they are picky eaters. Sometimes they get too much junk food. Other kids don't like to eat meat or just want to drink instead of eating. Some do not get healthy foods at regular meals. Other children are on the bottle too long.

What Can You Do?

√   You can talk with the nutritionist or nurse about any kind of feeding problem your child is having.

√   You can take a look at how your child is eating to see what needs to be changed.
- **Should your child be off the bottle?**
- **How about junk food?**
- **Are snacks too close to meals?**

√   You can make sure your child is getting regular meals that include some foods high in iron.

FOODS THAT ARE HIGH IN IRON

Most healthy foods have small amounts of iron that add up, so eating foods from all the foods groups is important.

Some foods are especially high in iron. These are foods from the **Meat**, **Poultry**, **Fish**, **Dry Beans**, and **Egg Group**. Give your child 2 or 3 servings a day from this group.

Iron is used by the body more easily when foods high in iron are eaten with foods high in Vitamin C, so be sure to give fruits and vegetables with meals.

Foods Highest In Iron:

Liver	Iron Fortified Cereal	Clams	Lima Beans
Kidney Beans	Figs	Tofu	Pinto Beans

Other Foods With A Good Amount of Iron:

Enriched Pasta, Rice, and Breads	Blackstrap Molasses	Turkey
Spinach, Mustard, and Turnip Greens	Infant Dry Cereals	Peanut Butter
Raisins, Prunes, and Other Dried Fruits	Green Peas	Egg Yolks
Lean Beef		

It takes time for a low iron level to come up. But, when it does, your child will feel better. And so will you!